

Table 1. Reasons for not pooling the trials data	
Trial Year, author	Reasons for not pooling data
Anwar et al.[1] 2022	This study is the only one that evaluated pain release phenomenon technique as adjunct treatment
Basbug et al.[2] 2022	This study applied Kinesio taping in the foot
Constantinou et al.[3] 2022	This study is the only one that compared blood flow restriction combined to exercise therapy to exercise therapy alone
Qayyum et al.[4] 2022	This study is the only one that compared higher power laser combined to exercise therapy to exercise therapy alone
Rodrigues et al.[5] 2022	This study is the only one that evaluated anodal transcranial direct current stimulation as adjunct treatment
Aghakeshizadeh et al.[6] 2021	This study is the only one that evaluated internal and external focus as adjunct treatment
Bagheri et al.[7] 2021	This study is the only one that evaluated mindfulness as adjunct treatment
Fatimah et al.[8] 2021	This study is the only one that evaluated tibiofemoral mobilisation as adjunct treatment
Ma et al.[9] 2020	This study is the only one that compared dry needling combined to exercise therapy to sham dry needling combined to exercise therapy including patients from the general population
Zarei et al.[10] 2020	This study is the only one that compared dry needling combined to exercise therapy to exercise therapy alone
Glaviano et al.[11] 2019	This study is the only one that evaluated patterned electrical neuromuscular stimulation as adjunct treatment
Nouri et al.[12] 2019	This study is the only one that compared higher power laser combined to exercise therapy to sham laser combined to exercise therapy
Sutlive et al.[13] 2018	This study is the only one that compared dry needling combined to exercise

	therapy to sham dry needling combined to exercise therapy including arm recruits
Giles et al.[14] 2017	This study is the only one that compared blood flow restriction combined to exercise therapy to sham blood flow restriction combined to exercise therapy
Iammarrone et al.[15] 2016	This study is the only one that evaluated pulsed electromagnetic fields as adjunct treatment
Petersen et al.[16] 2016	We do not have the mean and standard deviation values for pooling its data
Telles et al.[17] 2016	This study is the only one that evaluated myofascial technique as adjunct treatment
Mousavi et al.[18] 2011	We do not have the mean and standard deviation values for pooling its data
Whittingham et al.[19] 2004	The data pooling for the specified time frame in this study has not been estimated.
Eng et al.[20] 1993	This study is the only one that evaluated foot orthoses as adjunct treatment

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